

## 2005 DSHS Health Plan Information

Once a year we send you information about our Healthy Options managed care plans and tribal clinics. You may change your health plan or clinic anytime. *It is important* to check with your doctor before you make a choice.

The health plan that you or others in your household are now in is:

INSERT CURRENT HEALTH PLAN HERE

You will stay with this health plan or clinic if you don't make a change.

If you want to change plans, your choices are listed below:

INSERT PLAN A CHOICE  
INSERT PLAN B CHOICE  
INSERT PLAN C  
INSERT PLAN D  
INSERT PLAN E  
INSERT PLAN F

Call us if you have any questions or want to change plans.



1-800-562-3022

Monday through Friday 7:00 a.m. to 6:00 p.m.  
TTY/TTD users call 711 or 1-800-848-5429

***We're here to help you.***

Or, circle the new plan, refold this letter with the business reply address on the outside and put it in the mail (no stamp is needed).

You can also call us if you want a copy of our enrollee handbook. It has information about your rights and responsibilities, covered services and information comparing the available health plans.

code	Head of Household	Lang
	CLIENT ADDRESS	
	CLIENT ADDRESS	
	CLIENT ADDRESS	

**If you are an American Indian or Alaska Native you have these three choices:**

- ❖ You can choose a Tribal clinic or health center (Primary Care Case Management clinic or health center) that is run by a tribe, Indian Health Services, or an urban Indian Organization. See the next page for a list of Tribal clinics or health centers to see if there is one near you.
- ❖ You can choose a Healthy Options health plan and get your care from the doctors and other providers who are part of that plan.
- ❖ You can ask for an exemption: this means that you do not have to sign up for a health plan or for a Tribal clinic. If you ask for an exemption, you can go to any doctor or other provider who agrees to take your medical ID card (instead of asking you to pay for your care yourself). This is sometimes called fee-for-service or “open coupon.” Before you ask for an exemption, it’s a good idea to call the doctors and other medical providers you want to use to be sure they will take you as a fee-for-service patient (that they will accept your medical ID card).

**What happens if some people in your household are American Indian or Alaska Native, and others are not?**

Usually, family members who are not American Indian or Alaska Native must be in a Healthy Options health plan. But there is one exception: if the family member who is American Indian or Alaska Native signs up for a Tribal Clinic, the other family members who are not American Indian or Alaska Native can also sign up for the same Tribal Clinic if the Tribal Clinic says it is okay.

## Tribal Clinics

This page gives phone numbers for the Tribal Clinic Clinics that are run by a tribe, Indian Health Services, or an urban Indian Organization.

<u>Tribes</u>	<u>County</u>	<u>Name of clinic</u>	<u>Phone number</u>
Any tribe	King	Seattle Indian Health Board	206-324-9360
Any tribe	Spokane	Native Health of Spokane	509-722-3331
Colville	Ferry	Inchelium Health Center	509-438-7535
Colville	Okanogan	Colville Indian Health Center	509-634-2900
Lower Elwha Klallam	Clallam	Lower Elwha Health Center	360-452-6252
Lummi	Whatcom	Lummi Tribal Health Center	360-384-0464
Makah	Clallam	Sophie Trettevick Indian Health Center	360-645-2233
Nooksack	Whatcom	Nooksack Community Clinic	360-966-2106
Port Gamble S'Klallam	Kitsap	Port Gamble S'Klallam Health Center	360-297-2840
Puyallup	Pierce	Takopid Health Center	253-593-0232
Quileute	Clallam	Quileute Health Center	360-374-9035
Quinault	Grays Harbor	Roger Saux Health Center	360-276-4405
Shoalwater Bay	Pacific	Shoalwater Bay Tribal Clinic	360-267-0119
Spokane	Stevens	David C Wynecoop Memorial Clinic	509-258-4517
Tulalip	Snohomish	Tulalip Tribes Health Center	425-651-4511
Yakama	Yakima	Yakama Indian Health Center	509-865-2102